



olli.emory.edu

Summer 2017

JULY 10–AUGUST 17

course guide

**BACK TO SCHOOL
FOR THE OVER 50 CROWD!**



EMORY
UNIVERSITY

**Emory Continuing
Education**

OLLI at Emory is a lifelong learning program for seasoned adults who enjoy learning for fun. At OLLI, the thirst for knowledge never ends, with classes and social programs that nourish the mind, body, and soul. Even if you can't fit a full course into your schedule, OLLI offers other ways to get inspired, engaged, and excited. Build friendships with others who live in the spirit of learning and personal growth by choosing from more than 70 classes and special interest programs.

Re-imagine your retirement at OLLI!

OLLI Book Clubs

There are two OLLI book clubs that meet from 12:30-1:30PM on the first Tuesday/Thursday of the month. Members vote on book selections. To learn more and to obtain a list of books, please contact:

Tuesday : Barb Sorenson, bsorenson50@gmail.com or Jill Parks, atlparks@yahoo.com
Thursday: Elizabeth Deschenes, elizabeth.deschenes@yahoo.com or Phyllis Irby-Downing, sfrsid@yahoo.com

Inter-Session Discussion Group

Interested in staying connected to OLLI between sessions? Join OLLI instructor Shai Elson on Thursdays, June 8, 15, 22, and 29 at 10:00AM for a discussion group called: "We The People Speak." Members of the group will share things about themselves related to occupation, hobbies, retirement, news, politics, religion, writing; the group will then discuss. If you are interested please email: olli@emory.edu. *Shai is a retired Emory Cardiologist, Co-Director of the Cardiac Clinic at Grady Hospital.*

MahJong

Do you play mahjong? Interested in learning? Contact Emma Zell: emmazell2479@gmail.com or text 817-709-7019 to discuss possibilities.

Travel Opportunities

Interested in organized travel with your OLLI friends? Contact Dana Lilly, dlilly11@mac.com, or Jo Ann Mustian, jmustian@bellsouth.net, for more details.

Support OLLI at Emory by Shopping at Kroger

Do you shop at Kroger? Interested in helping raise money to support OLLI at Emory? A portion of your grocery purchases at Kroger will go towards OLLI at Emory's annual fundraising campaign. It's easy to sign up – learn how you can participate by visiting olli.emory.edu/kroger or call 866-221-4141. Make sure to have your Kroger Card number available.

Volunteer Opportunities

Help us build our future and have fun doing it. Volunteering is a great way to apply or develop your skills, create new friendships and make important contributions. Choose from the following committees: Advisory, Curriculum, Events, Fundraising and Membership/Hospitality, by emailing olli@emory.edu.

CONTENTS

Membership Rates & Fees.....	2
Schedule at a Glance.....	3
Course Descriptions.....	4-9
Offsite/Movement Courses.....	10
Workshops.....	11
OLLI Trip.....	12
Lunch and Learn Schedule.....	13
Donors.....	14
Registration Instructions.....	Back Cover

One Day Workshops

National Safety Council Defensive Driving.....	11
Retirement Income Planning.....	11
Courageous Yellow.....	11

PARKING

FREE parking is available to OLLI members in the surface lot next to building 6 as well as in the covered parking deck. Enter the deck from the side entrance and park on or near the third floor to have walking access out of the deck.

LOCATIONS

Main Location:

6 Executive Park Dr NE, Atlanta, GA 30329;
404-727-6000 (select option 2)

Dance 101:

2480 Briarcliff Rd NE #11, Atlanta, GA 30329; 404-542-3887

Powerlady Fitness:

2865 North Druid Hills Rd, Atlanta, GA 30329;
404-320-0050

CLASS DATES

Summer Quarter 2017: Jul 10–Aug 17

Fall Quarter 2017: Sep 11–Nov 2

Winter Quarter 2018: Jan 8–Mar 1

CONTACT US

Program Manager, Jeffery Alejandro, EdD: jeffery.alejandro@emory.edu

Program Coordinator, Jessica Wilson: jessica.wilson2@emory.edu

OLLI Website: olli.emory.edu

OLLI Email (volunteers only): olli@emory.edu

OLLI Phone: 404-727-6000 (option 2)

Weather Hotline (Emory): 404-727-1234

COURSE MEMBERSHIPS

Enroll in the membership that fits your lifestyle!

Sampler: \$49 (single course)

Bronze: \$85 (two courses)

Silver: \$105 (three courses)

Gold: \$125 (four courses)

Platinum: \$140 (five courses)

Diamond: \$156 (six courses)

**Each class above 6 is \$23/course.*

Membership level discounts require completion of all course enrollments in one single transaction.

ADDITIONAL FEES

Administrative fees: Cover rental costs for offsite spaces.

Instructor fees: These nominal fees help compensate our professional instructors currently receiving payment for teaching courses outside of OLLI at Emory.

Supply fees: Materials required for some classes.

REGISTRATION

No payments will be processed before the start of registration. Online registration is preferred. We cannot guarantee seats for checks sent in the mail. See back cover for online registration instructions and dates for online registration assistance.

REFUND/TRANSFER POLICY

No refunds for tuition, supply fees and/or instructor fees will be given after start of class sessions. OLLI students may transfer to another course within a quarter, but not between quarters. **Limit one class transfer per quarter.**

COURSE CANCELLATION POLICY

Classes that do not meet minimum student registration numbers are subject to cancellation.

VOLUNTEER OPPORTUNITIES

Help us build our future and have fun doing so.

Volunteering is a great way to apply or develop your skills, create new friendships and make important contributions. Choose from the following committees:

Advisory: olli@emory.edu

Curriculum: olli@emory.edu

Events: Judy Sutter, jusutter@comcast.net

Development: olli@emory.edu

Membership/Hospitality:

Jane McDonald, casedy1@gmail.com

OLLI Classes at a Glance

JUL 10 - AUG 17 (REGISTRATION OPENS **WED, MAY 31**)

TUESDAYS:

10:00-11:00AM

Introduction to Astrology
(Sullivan)
Capitalism (Schallern)
Retirement Success, Part 1
(Gelinias)
Meditation (Rubin)
Genetics in Neurological
Disease (Inglis)
Epidemics and Disasters:
The Past as Prologue
(Stanhope)

11:15AM-12:15PM

Intermediate Astrology
(Sullivan)
Who Will Care For You: The
Reckoning (Hemphill)
Creative Writing
(Appelrouth)(ends 12:45PM)
Interesting Stories in
the News (Bennett and
Whiteman)
Documentary Film Series:
History of Western Art
(Cohen)

1:45-2:45PM

Windows 10 (Gray)
(ends 3:15PM)
The Seven Laws of Noah
(Aviner)(ends 3:45PM)
Transform Health with
Writing (Appelrouth)
(ends 3:15PM)

WEDNESDAYS:

11:15AM-12:15PM

Retirement: Social Security,
Medicare...(Cox)
Improvisation, Part 1 (Drake)
Nature Journals/Artistic
Memorybooks (Hartsfield)
(ends 12:45pm)
Introduction to
Environmental Public
Health (Clarkson-
Townsend)

1:45-2:45PM

Medical Humanities:
Expressing Health through
the Liberal Arts (Emory
MD students)
Ageless Grace
(Bramlett)
AARP Driver Safety (Lee)
(ends 4:45PM)
First Aid, CPD, AED (Spano)
(ends 4:45PM)

THURSDAYS:

10:00-11:00AM

Macbeth (Friedman)
I Dig Rock and Roll Music,
Part 1 (Dell)
Retirement Success Part 2
(Gelinias)
Behavioral Economics Part 1
(Robkin)
Portraits in Leadership
(Sollish)

11:15AM-12:15PM

Semiotics (Drake)
Financial Fraud & Elder
Abuse (Baker)
Understanding Dreams
(Wilmoth)
Public Health Ethics 101
Primer (Matthews)

1:45-2:45PM

Understanding Millennials
(Allard-Phillips and
Meltzer)
Improvisation, Part 2 (Drake)
In Your Own Words (Lee)
iPhone Basics (Wills)
(ends 3:15PM)

**See Page 10 for
Offsite/Movement
Classes**

**Registration Opens
Wed, May 31!**

**TUESDAYS:
10:00-11:00AM**

Introduction to Astrology: Use the Heavens to Navigate Your Journey With Greater Awareness -- and Without Doom and Gloom

Instructor: Vickie Sullivan, MA Special Education

Learn more about your outward personality and your inner landscape by reading the sky. Identify the symbols that western astrologers use to gain a deeper understanding about themselves and others while in a safe classroom environment. You will need your birth date and birth place.

Recommended: *The Inner Sky: The Dynamic New Astrology for Everyone* (Forrest).

Vickie taught K-12 for 40 years and has been an astrologer for 40+ years.

Capitalism

Instructor: Gene Schallern BS; MS Physics

This course will feature a little philosophy, a little economics, and a little history....but there will be no lectures! Topics include: Is capitalism “The Scourge of the Working Class” or “The Unknown Ideal”? How does capitalism compare to other socio-economic systems like socialism, communism, and fascism? How do the various forms of capitalism differ: market capitalism, crony capitalism, authoritarian capitalism? The course will employ the ‘flipped classroom’ model: students complete instructional content (homework) before class, and then come prepared to participate in a vigorous discussion of the assignments. The instructor will facilitate this cross-pollination of ideas.

Gene is a student of objectivism for 45 years, including speaking roles at many objectivist conferences.

Retirement Success, Part 1: Understanding Your Financial Options

Instructor: Tim Gelin, President, Senior Financial LLC

Unlock the doors to understanding and take control of your retirement. With the proper tools, you can be confident in your decisions on key matters, including asset management, inflation and making your money last, estate planning/taxes, as well as long-term health care and investing.

Tim is featured in Atlanta Magazine and is a 7-time recipient of the 5 Star Best in Client Satisfaction for Wealth Management Award.

Basic Meditation, Mindful Awareness Practice

Instructor: Cookie Rubin

This is a basic introduction to mindfulness as achieved through meditation. We will explore the benefits of a sitting mindfulness/awareness practice. Topics include a brief history of meditation, the effects that meditation has on our health and wellbeing, and instructions to begin a meditation practice. Students need no previous meditation experience. Class sessions will include sitting practice, film, video, lecture, discussion, and selected articles. Wear comfortable clothing and prepare to become more peaceful in your everyday life!

Limited to 30 students.

Cookie has studied meditation for more than 20 years.

Genetics in Neurological Disease

Instructor: George Inglis, BS Genetics and Developmental Biology

This course aims to provide a basic understanding of human genetics, and the factors contributing to prominent neurological and neurodegenerative diseases such as epilepsy, Alzheimer’s, and Parkinson’s. Each class will discuss focus on the disease epidemiology, common genetic causes, and any applicable studies or literature on clinical therapies.

George is a third-year PhD candidate in Genetics and Molecular Biology at Emory University. His research focuses on identifying transcriptional regulatory elements and protein factors for genes implicated in various forms of epilepsy, in an effort to identify new targets for treatment of these disorders.

Epidemics and Disasters: The Past as Prologue

Instructor: William Stanhope, PA

The course content will be presented in a heavily illustrated storytelling style, drawing from well-documented historical information and contemporary data. The presenter freely admits and warns students that on occasion he will present a contrarian position to the dogmas of conventional wisdom and alternative facts. Using such diseases as smallpox, the 14th century plague and childbirth fever, the course will explore the intersection of climate, commerce and the unintended consequences of scientific changes.

TUESDAYS: 11:15AM-12:15PM

Intermediate Astrology

Instructor: Vickie Sullivan, MA Special Education

Review the basics: planets, signs, houses, elements, nodal axis, and aspects. Learn more about your personal natal chart's aspects, and how to better navigate your journey. Understand transits and progressions, and how to interpret them. Transits are current planetary placements, and progressions are internal personality developments. You will need your birth date and birth place.

Vickie taught K-12 for 40 years and has been an astrologer for 40+ years.

Who Will Care For You: The Reckoning

Instructor: John Hemphill, Author and Aging-in-Place Consultant

Participants will learn - as a focus group - the caregiving reckoning crisis impacting senior independence, and safeguarded quality of life. The course will discuss and outline successful lifelong practices, habits and behaviors (traits) and study how positive thinking actually increases longevity. **Supply fee: \$19.95 (book)**

John is a retired Senior Public Health Advisor, from the Centers for Disease Control (CDC) and the US Department of Health and Human Services (DHHS)

Creative Writing: Fun and Personal

Instructor: Arlene Appelrouth, BA News, Editorial Journalism (4 sessions, ends 12:45PM)

You don't have to aspire to write a blockbuster to enjoy putting your stories on paper. This course is a workshop. Each class will consist of timed writing exercises and the opportunity to share what you've written. Your writing will not be judged. Writing is good for you: body and soul, emotionally and physically. Writing with Arlene is stimulating and fun. Bring your favorite pen and a spiral notebook, or your laptop.

Arlene is a freelance writer and a regular columnist for the Atlanta Jewish Times. Her "According to Arlene" column is published every other week.

Interesting Stories in the News

Instructors: Marty Bennett and Mary Whiteman

Each week, students will discuss the significance and long term consequences of interesting news stories. Discussions will range from national/international politics and economics to social issues. Issues include: Russia's policies/actions, Middle East volatility, The Wall, international trade, education, sex/gender issues related to restrooms, as well as race, gender and wealth imbalances. Topics will be selected based upon student interest and prominence in contemporary media. Participants are encouraged to open-mindedly exchange views with the goal of expanding their understanding of issues in a more comprehensive way.

Documentary Film Series: History of Western Art

Instructor: Howard Cohen, BA, MA

Historian Michael Wood leads this eye-opening tour through 2,500 years of Western art, beginning in ancient Greece and Rome. Four years in the making and filmed at more than 150 locations in 8 countries, these documentaries travel from sun-bleached temples to soaring cathedrals, palaces to villas, museum galleries to gardens, Paris and New York streets to the Arizona desert. The fascinating journey is complemented by close-up views of masterpieces, walks through important buildings, and important commentaries by historians and scholars. (Produced by WNET/New York 1989). **Due to video length, only short introductions will be provided.** *Howard has 35 years of experience in the music industry.*

TUESDAYS: 1:45-2:45PM

Windows 10

Instructor: Denis Gray

(4 sessions: Jul 11-Aug 1; ends 3:15PM)

Explore important features by learning how to personalize and incorporate Windows 10 into your current computing activities. Correct certain problems, discover apps. **NOTE: It is required that students bring a laptop with Windows 10 to class, and have an active email account.**

Instructor fee: \$40. Limited to 20 students.

Denis has extensive experience in adult training and education, including working as a Technology Support Teacher providing training and technology support to high school teachers.

The Seven Laws of Noah

Instructor: Dr. Zvi Aviner, Rabbi

(4 sessions: Jul 11 and 18; Aug 8 and 15; ends 3:45PM)

The American Congress has resolved that “The moral fabric of our great nation is founded on the Seven Commandments of Noah” (HJ resolution 104 public law 102-14, signed by President George Bush 3-26-91) It behooves every American to become familiar with these Commandments. These Commandments are: (I) Idolatry (II) Adultery (III) Bloodshed (IV) Theft (V) Injustice (VI) Blasphemy and (VII) Prohibition to Consume Blood and a Limb Torn From A Living Animal. Students will engage in a unique learning approach developed by the instructor whereby they will follow the narrative of the Book of Genesis while emphasizing the Commandments one by one. *Zvi has been teaching the Seven Commandments of Noah to live audiences on the Virtual Yeshiva of Noahide Nations for the last 10 years.*

Transform Your Health with Writing

Instructor: Arlene Appelrouth, BA News, Editorial Journalism

(4 sessions: Jul 11-Aug 1; ends 3:15PM)

Writing often provides real solutions to life’s challenges. Come learn the reasons writing can improve your health while spending time each week writing to cope with loss, chronic illness and traumatic events. Work to become more mindful, change negative perceptions, affirm your strengths and produce opportunities to flourish. Writing is an easy way to release the negative effects of stress.

Arlene is a freelance writer and a regular columnist for the Atlanta Jewish Times.

WEDNESDAYS: 11:15AM-12:15PM

Retirement: Social Security, Medicare, Long Term Care, Taxes & More

Instructor: Robert Cox, RICP®, CFEI®, NSSA® and SEC Series 65 exam

Let’s increase your ‘Retirement Readiness!’ Topics include: Maximizing Your Social Security Benefits (yours, a spouse, ex-spouse or survivor benefit), Working Through the Medicare Maze (plans and programs), Long Term Care Myths and Truths, Annuities: Good or Bad? (Depends...),

Taxes in Retirement, and Retirement Strategies for the Divorcee or Widow(er).

Robert is a professional retirement planner and holds certifications of Retirement Income Certified Professional RICP®, Certified Financial Education Instructor CFEI®, National Social Security Advisors NSSA® and SEC Series 65 exam qualified.

Improvisation, Part 1

Instructor: Robert Drake, Artistic Director at the Academy Theater

Want to learn how to think more quickly on your feet while conquering your fear of public speaking? Improvisation is the key! We have a great time and also build key skills to interact with people both on stage and in real life. **Instructor fee: \$20. Limited to 15 students.**

Robert has been an improviser in the Atlanta area for almost 25 years and works with several improv troupes as a performer and director.

Nature Journals/Artistic Memorybooks

Instructor: Joy Hartsfield

Includes three OLLI sessions and one 2.5+ hour Stone Mountain trip with some trailwalking (weekend date voting by majority of participants.) Turn off the TV...let’s make some good news! By building on instructor’s knowledge of “unusual normal” to cross the lines between typical scrapbooks/journals we will colorfully land with imagination and flair on every page. Bring scraps of lives lived and a few artsy tools to create fun by putting personal feelings and observations into diary form. Learn how to record nature as part celebration of life and weekly meditation time. Bring a soft or hard bound journal or 9x12 wire bound heavy weight paper pad. **Supply fee: \$20 (materials - does not include entrance fee to park. Carpool strongly suggested.)**

Introduction to Environmental Public Health

Instructor: Danielle Clarkson-Townsend, MPH, Emory, Global Environmental Health, BS, Biology

Come explore the fundamental concepts of environmental health (epidemiology, exposure science, and toxicology) and the influence of the environment on disease. We’ll also review case studies and articles to learn about some of the current issues in environmental health research.

Danielle is pursuing a PhD in Environmental Health Sciences at Emory; her research interests include toxicology and developmental origins of health and disease.

WEDNESDAYS: 1:45-4:45PM

AARP Driver Safety: Smart Driver

Instructor: Jerry Lee

(2 sessions: Jul 12 and 19; ends 4:45PM)

Smart Driver is a 6-hour course broken into two 3-hour sessions. Students are required to attend both sessions to complete the course. Driver Safety class helps participants identify individual problem areas, which helps to improve their own driving behavior. Completing this course and submitting your certificate to your insurance company may result in a reduction of up to 10% in your insurance premiums! **Course fee: \$20. (Note: AARP members receive a \$5 discount; please use promo code AARP2017 when registering online or by phone). Register by July 6 by calling 404-727-6000 (option 2).**

First Aid, CPD, AED

Instructor: James Spano

(2 sessions: Jul 26 and Aug 2; ends 4:45PM)

This hands-on, practical Basic Life Support course provides each participant receives the practical skills and knowledge using the 3 “C’s” method of CHECK – CALL – CARE! Main emphasis is on acquiring skills to keep an injured victim alive until they can be transported/evaluated by medical qualified staff members. Each participant will receive a student book, pocket guide, and a course DVD. **Supply fee: \$30 (guide and DVD). Limited to 15 students.**

James is an authorized National Safety Council and American Red Cross First Aid-CPR-AED instructor.

WEDNESDAYS: 1:45-2:45PM

Medical Humanities: Expressing Health Through the Liberal Arts

Instructors: Leslie Blackshear, Anna Coronata, Erin Falk, Lily Gage, Benjamin Meyer, and Caroline Reed

The liberal arts have been utilized to capture personal and societal health for centuries. Starting with an assessment of this process within a historical period, this class will offer the chance to reflect on your own health experiences through the lenses of literature, poetry, art, and theatre. Each week will focus on a different medium, giving participants the chance

to try their hand at each. The course will culminate in a capstone class to allow participants to share their work. *Leslie, Anna, Erin, Lily, Ben, and Caroline are first year medical students at Emory - each with a background in the arts. They are interested in the idea of art as agency and a role for the arts in wellness at all ages.*

Ageless Grace

Instructor: Sandy Bramlett, MEd, Certified Ageless Grace® Trainer/Educator (ends 3:00PM)

Based on the cutting-edge science of Neuroplasticity, Ageless Grace Exercises consist of 21 movement ‘tools’ that playfully address all 5 functions of the brain, and skills such as balance, joint mobility, muscle tone, cardiac functioning, endurance and more. You will learn why and how to create a personal practice (seated or standing) that focuses on the core to stimulate optimal cognitive and physical function simultaneously. Moving to upbeat music adds to the energizing activity for all shapes, sizes and fitness levels!

Instructor fee: \$40.

Sandy is a certified Ageless Grace® trainer/educator, MDT movement disorder/Parkinson’s disease fitness specialist, and licensed Nia Black Belt teacher.

THURSDAYS: 10:00-11:00AM

Macbeth

Instructor: Ross Friedman, MA

A wise man (me) once said that one cannot consider himself a cultured individual without having studied the four great Shakespearean tragedies. We’ve read *King Lear* and *Hamlet* together; we’ll read *Macbeth* in the summer.

Ross has an MA in American Studies and was a 30-year Advanced Placement Literature high school teacher.

I Dig Rock and Roll Music, Part 1

Instructor: Tom Dell

A look at the origins of Rock & Roll from its roots in the Blues in the early 1900s with W.C. Handy and Ma Rainey through the early 1960s with Carl Perkins, Jerry Lee Lewis, Little Richard, Buddy Holly and Elvis. Join us for a look at the people and music behind what we know as Rock and Roll.

Tom has been a guitarist, singer, and band member since 1960.

Retirement Success, Part 2: Understanding Mutual Funds and Annuities

Instructor: Tim Gelinas, President, Senior Financial Planning

This new follow-up to the popular *Retirement Success, Part I* will delve into the critical subjects of picking mutual funds and annuities, as well as the pros and cons of both types of investments. Understanding these options is essential for maintaining a sound retirement plan.

Tim is the recipient of the Five Star Best in Client Satisfaction for Wealth Management Award for 2008, 2009, and 2011-2015.

Introduction to Behavioral Economics, Part I

Instructor: Shai Robkin, BA Economics, MBA Marketing

The course introduces students to key concepts designed to help people and organizations make better decisions and avoid common pitfalls resulting from instinctive human behaviors. Classical economic theory assumes people make rational decisions, weighing costs and benefits in order to optimize the likelihood of achieving desired outcomes; behavioral economists ask how humans actually behave in the real world. The course covers basic theories of evolutionary psychology, automatic vs. controlled thinking, heuristics (procedures people use unconsciously to reach decisions on difficult questions), prospect theory and inaccurate perceptions of risk, the role of chance, public policy and choice architecture, and when to 'trust' experts.

Shai (pronounced "Shy") is a serial entrepreneur who was born and raised in Atlanta. He moved to Israel in 1976, where he and his wife opened in 1981 Israel's first combination bookstore/coffee shop.

Portraits in Leadership: Timeless Tales for Inspired Living

Instructor: Rabbi Ari Sollish

Discover inner courage, determination, and resilience in the life stories of legendary Talmudic figures. Witness the strength of human character in tales that are sure to resonate within your soul and inspire you to unleash the power within. One part biography. One part history. All parts inspiration.

Supply fee: \$21.50 (book).

Rabbi Sollish is the founder and director of the Intown Jewish Academy in Atlanta.

THURSDAYS: 11:15AM-12:15PM

Semiotics: The Sign That You See More

Instructor: Robert Drake, Artistic Director at the Academy Theater

Semiotics is the study of patterns, signs, and symbols and their use or interpretation. This class will outline the nature of semiotics and show how understanding and recognizing their patterns leads to a better understanding of people and the world around us. From body language to tone of voice and from the color of tiles to the shape of signs, we intuit semiotic information constantly, but we're mostly doing so at a subconscious level. Raising the awareness of and the ability to interpret properly these indicators enhances one's ability to understand and interact with the world and can empower people to improve their interactions with one another and with the environment. **Instructor fee: \$20.**

Robert has been an improviser in the Atlanta area for almost 25 years and works with several improv troupes as a performer and director.

Financial Fraud and Elder Abuse

Instructor: Chris Baker, CPA

As the population ages, losses as a result of financial elder abuse are increasing. The following topics will be discussed: Financial Fraud and Elder Abuse; How to Prevent and Report Financial Fraud; and Daily Money Management Services. Additionally, the class will have guest speakers. These professionals will discuss their experiences with financial fraud and elder abuse and come from the following backgrounds – Elder Law, Insurance (Personal), Insurance (Medicare), Government (District Attorney's Office), and Counseling / Social Work.

Chris formed Baker DMM, LLC in 2012 as a full service daily money management firm specializing in providing services to seniors, busy professionals, and young adults.

Understanding Dreams

Instructor Patricia Wilmoth, PhD (4 sessions: Jul 10-31)

A brief introduction to understanding what your dreams are trying to tell you. Class members can submit dreams anonymously which will be interpreted in class. Common dream themes and symbolic meaning will also be included. *Patricia is a licensed psychologist in Jungian dream interpretation.*

Public Health Ethics 101: Primer

Instructor: Stephanie Mathews, MPH

This course provides a broad overview of general public health concepts as well as the related public health ethics principles that have evolved out of the public health field. Attendees will gain insight into the world of public health ethics from a historical perspective as well as through a modern-day lens. The course will include review of case studies, peer-reviewed articles and current literature. Course will be taught using a hybrid format. **Limited to 12 students.**

Stephanie is currently completing her Doctor of Public Health degree from the University of Georgia with a concentration in Health Policy and Management.

THURSDAYS: 1:45-2:45PM

Understanding Millennials

Instructors: Rebecca Meltzer and Emily Allard-Phillips, MD candidates, Emory University
(3 sessions: Jul 20, Aug 3 and 17)

This course will focus on gaining a better understanding about the way the youngest generation thinks and behaves. This will be accomplished through short videos and assigned articles, but the majority of the class will be open discussion. There will be 3 classes, each with a different theme.

1. Social Media
2. Relationships
3. Education

Rebecca and Emily are medical students at Emory University. Rebecca attended Vanderbilt University and graduated with a degree in Neuroscience and Molecular Biology in 2016. Emily attended the University of Florida and graduated with a degree in Exercise Physiology in 2016.

Improvisation, Part 2

Instructor: Robert Drake, Artistic Director at the Academy Theater

Obtain more advanced techniques of improvisation and learn to better craft scenes, stories, and monologues in this highly interactive, performance-driven class that concludes with a performance in front your peers! The focus will now be on working more effectively with scene partners to heighten and develop what happens on stage.

Instructor fee: \$20. Limited to 15 students. Prerequisite: Improvisation Part I.

Robert has been an improviser in the Atlanta area for almost 25 years and works with several improv troupes as a performer and director.

In Your Own Words: Writing Your Personal Story

Instructor: Georgia Lee, Vice President, Programming Atlanta Writers Club (ends 3:45PM)

Writing your memoir doesn't need to be overwhelming -- but now is the time to start! We'll demystify writing your story through manageable time periods, evocative settings, and techniques to make action and characters resonate with readers. Whether you want to publish -- or simply leave a treasured journal for your friends and family -- you'll never regret presenting your story in your own words. No prior writing experience required. We will draw from outside materials, but no required texts. **Supply fee: \$5 (handouts) Limited to 8 students.**

Georgia is an award-winning journalist, author and editor, has curated writing programs in higher education, and has a lifelong love of the written word. She is currently writing her first novel.

iPhone Basics

Instructor: Malcolm Wills, BA, MFA Arts Administration (ends 3:15PM)

This 8-week course teaches basic operation of the iPhone, as well as how to work the Apple-included apps and other third-party apps. The class is hands-on and, due to the small class size, Bluehair offers individual assistance to students who are having difficulties. **Instructor fee: \$50.**

Malcolm is a former corporate telecom Project Manager who oversaw large product deployments with Verizon and both Cox and Charter Communications.

OFFSITE COURSES

DANCE 101
2480 BRIARCLIFF RD NE #11
ATLANTA, GA 30329
404-542-3887

DANCE: From Country to Disco

Thu, Jul 13–Aug 17 / 12:30-1:30PM

Instructor: Ricardo Aponte, Musical Theater

Choreographer, Veteran Broadway Performer

Scientific studies have shown us that dancing is great exercise, keeps our minds sharp, and builds confidence. In this course, you will explore a variety of dance styles. We'll be featuring Country, Salsa, The Twist, Musical Theatre, Disco, Jazz, and more. All classes are introductory level. Take a leap and add some pizzazz to your step! **Total cost: \$99.**

Minimum 8 students.

Ricardo is one of Atlanta's most accomplished musical theater choreographers.

POWER LADY FITNESS
2865 N. DRUID HILLS RD
ATLANTA, GA 30329
404-320-0050

Bollywood

Mon, Jul 10–Aug 14 / 2:00-3:00PM

Instructor: Sudakshina Mukherjee, Trained in Indian classical form (Bharatnatyam) and Bollywood

Learn the latest and popular dance moves to hit Bollywood songs! We show you how to shake those hips and work those arms and legs. No prior dance experience required. Classes are technique-driven but taught through choreography. Students learn a new dance every 4-5 classes and can take advantage of many opportunities to perform.

Total cost: \$99. Minimum 12 students. Limited to 20 students.

Sudakshina is the artistic director of Atlanta Nritya Academy dance studio.

T'ai Chi

Tue, Jul 11–Aug 15 / 12:45-1:45PM

Instructor: Harvey Meisner, Certified T'ai Chi and Qi Gong

T'ai Chi is a series of movements designed to open the body while creating strength, balance, and flexibility and improving cardiovascular health. These are gentle, easy yet effective movements that anyone can do, and all special needs are taken into consideration by the instructor. All body types are welcome. Come share the joy! **Total cost: \$99. Minimum 12 students. Limited to 22 students.**

Harvey studied and practiced T'ai Chi and Qi Gong for 20 years.

Gentle Yoga and Meditation

Thu, Jul 13-Aug 17 / 12:30-1:45PM

Instructor: Susan Zoller, MEd

Relax and feel better! Enjoy the benefits of yoga as you learn basic asanas with the help of experienced yoga instructors. You will be guided every step of the way. This class will also incorporate meditation during the last part of class. No prior experience required. Wear comfortable clothes.

Total cost: \$69. Minimum 10 students.

Susan studied yoga with Dr. Valarie Wright, Hamsa Yoga Shala.

T'ai Chi Class Available Between Spring and Summer Session

Tue, Jun 6-27 / 12:45-1:45PM

Instructor: Harvey Meisner, Certified Tai Chi and Qi Gong

This series is designed for returning students who have prior experience with T'ai Chi. Not recommended for beginners.

Total cost: \$50. Minimum 12 students. Limited to 22 students.

ONE DAY WORKSHOPS

**6 EXECUTIVE PARK DR NE
SUITE 100
ATLANTA, GA 30329**

National Safety Council Defensive Driving

Wed, Jun 7 / 9:30AM-3:30PM

Instructor: James Spano

Participants will acquire the mental skills and knowledge to become a defensive driver, by recognizing that safe driving is a matter of personal choices. Focus will be on the seven most common driving mistakes and how to overcome them, along with the five conditions that affect your driving skills/response time. **Total cost: \$30. Limited to 40 students.**

Retirement Income Planning

Thu, Jun 8 / 10:00-11:30AM

Instructors: Brenda Dozier, PhD CDFA & Mike Bean, CPA, CDFA

Moving from accumulating savings for retirement to taking distribution from investments can be challenging. Especially in light of risk factors such as longevity, taxes, inflation, healthcare and the social security system. This class will address strategies to reduce some of the risks by reducing taxes and how to plan for life's expected as well as unexpected. Relatively new, a "phase retirement program" will be visited to see if it may be a good fit for those attending the workshop. If you want to feel confident with your retirement plan, you don't want to miss this class!

Total cost: \$30

Brenda has a strong desire to help individuals become "money smart" by being in control of their finances throughout all life cycle stages.

Michael has been heard speaking on topics of financial planning on Radio Business X

Courageous Yellow

Thu, Jun 15 / 9:30AM-3:30PM

Instructor: Joy Hartsfield, BFA Painting and Printing

In continuing Winter's Blue history we will explore color theory and Yellow's history across cultures and the ages. Bring back the used sketchbooks, snack, etc. for a full day of learning with practicing applications of watercolor, pencils and collage. We will pool our found treasures of different yellow colored papers to make a circular collage, like a mandala or spirit wheel or a happy face! Participants will need colored pencils, wire bound sketch pad, double sided tape or Elmer's glue, Q-tips, scissors, yellow scraps, all other supplies brought by instructor. Instructor will provide supplies. **Total cost: \$65 (includes all art supplies).**

Minimum 6 students, limited to 12 students.

OLLI TRIP

Andy Warhol at the High Museum of Art

Fri, Aug 4 / 1:00-2:00PM / Cost: \$15 (docent-led tour)

The High Museum is the exclusive East Coast venue for a sweeping retrospective featuring more than 250 prints and ephemera by artist Andy Warhol (American 1928-1987). This comprehensive show is the largest exhibition of its kind and includes such iconic screen print portfolios as Marilyn Monroe (1967) Campbell's Soup I (1968) Electric Chair (1971) and Mao (1972). The artist's fascination with the commodification of celebrity chronicles American popular culture of the second half of the twentieth century and serves as a prelude for considering our current fame-obsessed, media-saturated culture. Register by Friday July 28th online at: olli.emory.edu or call: 404 727-6000 (option 2). Two restaurants on premises. Transportation available through the Marta Arts Station or paid parking available at the Woodruff Arts Center.

Meet in lobby of museum 15 minutes prior to scheduled visit.



Andy Warhol (American, 1923–1987), Marilyn Monroe (Marilyn), (II.23), AP edition C/Z, 1967, screenprint, 36 x 36 inches, courtesy of Jordan D. Schnitzer and His Family Foundation. © 2017 The Andy Warhol Foundation for the Visual Arts, Inc./Artists Rights Society (ARS), New York.



Andy Warhol (American, 1928–1987), Campbell's Soup I: Tomato (II.46), AP edition E/Z, 1968, screenprint, 35 x 23 inches, courtesy of Jordan D. Schnitzer and His Family Foundation. © 2017 The Andy Warhol Foundation for the Visual Arts, Inc./Artists Rights Society (ARS), New York.



Andy Warhol (American, 1928–1987), Flowers (II.73), edition 201/250, 1970, screenprint, 36 1/8 x 36 1/8 inches, courtesy of Jordan D. Schnitzer and His Family Foundation. © 2017 The Andy Warhol Foundation for the Visual Arts, Inc./Artists Rights Society (ARS), New York.

OLLI SPRING 2017 LUNCH & LEARN SCHEDULE

12:30-1:30PM - Rooms 116/118

Reminder: bring your lunch!

Free -- Registration NOT required for Lunch & Learns

Tuesday, July 11: Meals on Wheels

Marilyn Jennings

Thursday, July 13: Social Media For Seniors

Courtney Teague

Tuesday, July 18: Retirement Investing and Planning for the Next 10 Years

Gary Alpert

Thursday, July 20: I Care Volunteer Driver Services

Tom Simon

Tuesday, July 25: The Latest In Hearing Aid Technology

Tyler Blatchford

Thursday, July 27: Ask Granny

Judith Russell

Tuesday, August 1: Long Term Care - Separating Myths and Facts

Robert Cox

Thursday, August 3: Mental Illness

Kay Demotto

Tuesday, August 8: A Taste of French for Fun

Nayera Salam

Thursday, August 10: OLLI Committee Forum

Calvin Harris, OLLI Curriculum Committee Chair

**Tuesday, August 15: The Power of the Georgia Physician Orders
for Life Sustaining Treatment**

Ronnie Genser

Thursday, August 17: Chinese Herbal Medicine and Massage

Ru Ye, Chinese Medicine Doctor, MPH Candidate, Emory University

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Visit olli.emory.edu/DonateToOLLI

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Visit olli.emory.edu/DonateToOLLI

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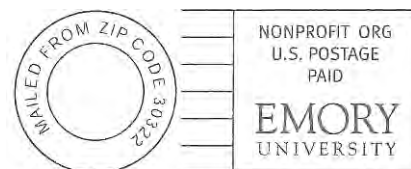
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6 Executive Park Drive NE
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TIME SENSITIVE MATERIAL

REGISTRATION

Registration opens **Wed, May 31** at oli.emory.edu or by calling 404-727-6000 (select option 2).

1. Go to **oli.emory.edu** and click on **Courses** to see all of our classes, dates and times.
2. Click on the class name (i.e. Gentle Yoga) and then click **register**.
3. Click **add to cart**. To add more classes from the list, click the back button (←) at the top left of the screen.
4. After adding courses, click **check out**.
5. Log in using previously created account or create a new account (if necessary, click **forgot my password**)
6. Click **make payment**, follow prompts to pay.
7. Click **success** to display the confirmation page.
8. Click **continue** to receive a confirmation receipt via email.

Note: Membership discounts will not appear until you click **check out!**

Need more help...? Join our live, in-person training sessions!

Set up your student account and enroll for classes quickly and easily by signing up for training sessions to be held on the following dates and times:

Set up your student account:

Wed, May 31 / 9:00-11:00AM

Sign-up sheets are available at the front desk and registration is on a first-come/first-serve basis.